

Haydon News

The Friends of Haydon Bridge thank the Advertisers for their continued support



February 1997 / 1

In this issue:

Wot, no new Editor ?

HAYDONIAN W.M.C.

Federation Ales & Draught Guinness

Weddings - Birthdays - Funerals & Anniversaries catered for

Village fund raising welcome

Bingo: Sunday and Wednesday at 8:30pm

Tel: 684 383

Andy Shield - Quality Butchers

4, Church Street, Haydon Bridge Tel: 684 381

FINEST QUALITY LOCAL MEAT AND GAME

HOME MADE BREAD BAKED ON THE PREMISES
READY MADE MEALS FOR THE FREEZER
DISCOUNT FOR FREEZER MEAT ORDERS
HOME MADE SAUSAGES OUR SPECIALITY

Captain Peter and his crew welcome you aboard the relaunched

Anchor Hotel

The Inn place of Haydon Bridge.

Cast your cares aside, with a selection of Beers, Lagers,

Wines and Spirits from Scottish Courage

Including the re-introduction of Scotch Bitter

Tel: Hotel 684227 Bar 684586

SPAR

4, John Martin Street

Groceries Cooked meats etc

Mon - Sat 8am - 9.00pm

Sunday 9am - 9.00pm

Off - Licence

Sunday 10am - 9pm

Free home deliveries

M. ARMSTRONG

13, Church Street
Haydon Bridge

For fresh Fruit and Vegetables
Groceries

Bread and cakes delivered daily

Friendly Service

Saturday half day closing

RAILWAY HOTEL

Bed and Breakfast

Pizzas to eat in or take away

Lounge available for functions

Tel: 684 254

Langley Castle Hotel

Sunday Lunches

Morning Coffees

Afternoon Teas

Table d' Hote Dinner

Accommodation

**Not Only for that
"Special Occasion"**

For Reservations Call

01434 688 888

J & M CLARKE
11, Church Street Haydon Bridge
Mon - Sat 6.45am - 6.00pm
Sunday 7.00am - 1.00pm

NEWSPAPERS
WIDE RANGE OF MAGAZINES

Confectionery and Tobacco
Toys-games Birthday & special
occasion cards, stationery
Tel: 684 303

W & M MARSH

43, Ratcliffe Road
Haydon Bridge

Newsagent

&

Tobacconist

Confectioner & General Dealer

Come in for a drink at the

HAYDON HOTEL

S&N BEERS

BAR MEALS

Parties catered for and
Bookings taken

Tel: 684 468

CO-OP LATE SHOP

Ratcliffe Road

Fresh and Frozen foods, general groceries
Off-Licence

Monday - Saturday 8.30 a.m. - 7.30 p.m.

Sunday 10.00 a.m. - 2.00 p.m.

HAYDON BRIDGE FISH & CHIP SHOP

	LUNCHTIME	TEATIME & EVENINGS
Monday	-	6.00 - 9.00
Tuesday	CLOSED	ALL DAY
Wednesday	11.30 - 1.30	5.00 - 9.00
Thursday	11.30 - 1.30	5.00 - 9.00
Friday	11.30 - 1.30	4.30 - 9.00
Saturday	11.30 - 1.30	5.00 - 9.00

Tel: 684 289

ERNIE SWINBURN - PHOTOGRAPHY

3 Station Cottages, Haydon Bridge

WEDDINGS: SPECIAL OCCASIONS

STUDIO PORTRAITS

TEL: 684 489

The Oddfellows

Licensed Restaurant & Tea-Shop

Oddfellows Hall Shaftoe St Haydon Bridge Tel:684 755

A FRIENDLY WELCOME - PLEASANT SURROUNDINGS
PERSONAL ATTENTION AND HOME COOKING

Serving : Drinks Snacks Breakfast Lunches Teas
High Teas and Evening Meals

Open: Wed - Sat 10am - 9.30pm Sun 10am - 5.30pm

We cater for: Vegetarians, Buffets, Parties, Outside Catering

Special Occasions, Valentines & Mothers Day, Easter,

Halloween, Christmas and Bank Holidays.

Children very Welcome

Garden with slides and Swings plus unusual Pets

Bed & Breakfast accommodation - £17.50 per Person

Four Poster beds available + Full English Breakfast inclusive

Proprietor: Anna Gabrielle Coulson

The General Havelock Inn

Haydon Bridge - Telephone 684 376

Lunch - Wednesday to Sunday

Dinner - Wednesday to Saturday

Fine Wines and a comfortable Restaurant

Teitley Bitter and Lager - Calders Best Scotch

Your Hosts Ian and Angela Clyde

AN APPEAL FOR HELP !

Dear *Haydon News* Readers,

The *Friends of Haydon Bridge* need volunteers to help print the *Haydon News*.

A great many people in the Haydon parish very much appreciate their monthly copy of the *Haydon News*, and the *Friends of Haydon Bridge* are keen to see it continue. However with so few people engaged in the time-consuming business of producing it, it is proving increasingly difficult to keep it going.

In recent months, Mitch has ended up editing, printing, collating and stapling 850 copies almost single-handed. We are very grateful to him for his efforts, and to Enid Garrow, who has so often come to the rescue. The other members of the committee have sought to lend a hand wherever possible, but these jobs require a great deal of time and effort. A major problem is that several of us have full-time jobs, and many other commitments in addition to these jobs. We have some spare time, but not necessarily at the point in every month when the *Haydon News* needs to be put together.

Anyone who volunteers to help out need not be committed for each of the ten months in which the *Haydon News* appears; a bit of help for one or two of the issues each year would spread the task out among more people.

Do please contact myself (688 551) or Mitch (684 035) if you think you can help out.

It would be a great pity if the *Haydon News* were to go to the wall because there were too few people, with too little time, to put it together.

Philip Carr
Chairman, Friends of Haydon Bridge

Haydon Bridge High School

MUSIC THEATRE GROUP

presents

'GUYS AND DOLLS'

One of the greatest smash hit musicals of all time, comes to Haydon Bridge

'A Fairy Tale of New York'

19th, 20th and 21st March

All performances begin at 7:30 pm in the School Hall

PARISH COUNCIL PICKINGS January 23rd 1997

7 members attending

The meeting was chaired by Cllr Mrs Garrow the vice-chairman.

Public Participation Complaints were made about the mess and nuisance being caused by the work being carried out in the Douglas Garden's area and associated with the new housing development building on the Showfield site. There is mud on the road, traffic congestion and a pump operating 24 hours per day. Both Cllr Mrs Garrow and Cllr Mrs Howard have spoken to the contractors, Belway, who have promised that the sub-contractors will clean up on a regular basis. Advice was given about who to contact directly if further complaints arise. The question of a barrier for the Nursery school was raised again. Both the Parish Council and Cllr Bill Howard have written to Belway about this but neither has received a reply so far.

The main meeting began at 7.55 pm

A letter has been received from Peter Atkinson MP about the proposed cross-country canal. He is very much opposed to any such suggestion.

A letter has been received from Haydon Bridge High School thanking the Parish Council for its promise of financial support for the proposed Sports Centre and stating that the full £100,000 of promises has been received.

There followed a discussion of the bids which would be made for Lottery and EEC grants resulting from the Village Appraisal. While it is not yet clear what these will be or to which funding body they will be made, concern was expressed that the village as a whole could end up in competition with the High School for the same tranches of money.



Missing Cats

Several cats have gone missing from Tofts Bank over the last few months

If you have seen, or taken in, any stray cat then please call us as it may be one of ours

A reward is available for recovery

Telephone 684 183

It was agreed to put the point to Mr Thompson at the next meeting and to discuss joint partnership and co-operation to avoid any future conflicts about funding.

Road Link has promised to look at the problem of road flooding at the Pelican crossing.

The barrier into the station yard has not yet been removed and the Parish Council believe that legal proceedings are now being taken by the Railways.

National Spring Clean Week will be 18-27 April this year and gloves, sacks and a skip have been ordered. Everyone can take part.

Any other business

It should be noted that the Policeman now resident in the village was not on duty 24 hours a day.

The meeting closed at 8:50 pm

Please note that vandalism occurred in the Community Centre on Monday evening 21st January. Lights were broken and two security torches were stolen. This could cause problems if there were a power failure while people were using the Centre. Any information should be passed to the caretaker or the police.

WEN

THE CROSSWORD

There were four correct entries to the crossword in December, only Norman Pretswell had the same answers as the compiler. However although the answer to 18 across (Indefinite Quantity) was **WORTH** I have accepted the answers **HOSTS** and **ROUTH**, submitted by three other competitors, as admissible. Host is defined in my dictionary as 'vast amounts' and routh as 'plentiful/abundant'.

Mr Pretswell and Mrs Scott were each the winners of a £5 prize.

Special congratulations to Mrs Irving and Mrs Scott who both had a one hundred percent record with their ten correct entries.

SBM

Ladies Writing Workshop

December Conundrum

Answer: The Promised Land

There were no correct answers.

Wot! - No new Editor ?

"I promise to abstain from all intoxicating liquer;
To do all I can to promote total abstinence;"
etc. etc.

The above words, which were part of a pledge I made as a youngster, came back to haunt me as I lay in bed on a Sunday morning at the end of January.

"Never again !" said I as I tried to open my eyes after only four hours sleep - my eyelids seemed to be stuck together with glue. "Never again !", I repeated, as I eventually managed to prise open one eye, I must have looked like Long John Silver, my friend gave me a knowing grin. My mouth tasted like the floor of the pirate's parrot cage

"What was that you said ?" came the voice in the bedroom, "Never again !" I repeated, "Never never again !" With sarcastic laughter in her voice she cheekily asked "Never what again Mitcho ?"

"That is the last time I am going to play 'Trivial Pursuit' until after four in the morning," said I, "I feel rough."

"Nothing to do with 'Trivial Pursuit' " she said, "but more to do with the fact that you were drinking wine and 'Bacardi & Coke' from 8 pm until the time we left to walk home at 5 am."

The night before we had been to a neighbour's house a half a mile away, for supper and a few games. There had been eight or ten of us there and we all had a good time - I think.

I saw by the bedside clock that it was 10:30 am. Just as I was prising my other eye open **Driiiiiing** the doorbell rang noisily. "Ignore it, they'll go away" said I - hiding under the duvet. **Driiiiiing Driiiiiing Driiiiiing** went the bell after a few seconds. "Please, Oh please go away " I pleaded as the dogged caller persisted **Driiiiiing Driiiiiing Driiiiiing**. How I wished that I had never replaced the quiet 'Avon Calling' chime at the front door by this noisy bell which could be heard all over the house, even under a TOG 40 duvet !

My Bitch Millie standing in the hall joined in the cacophony of sound:

YAP! YAP! YAP!
Driiiiiing Driiiiiing Driiiiiing
YAP! YAP! YAP!
Driiiiiing Driiiiiing
YAP! YAP!
Driiiiiing
YAP!

By now my friend had just about had enough and slipped into one of the spare dressing gowns with the emblem **HYATT Hotel**, a memento from my last trip to Florida, which I keep handy for visitors. She hurried to the front door.

After a few minutes she returned:

"That was Doctor Ford asking if you wanted red or white wine, or perhaps whiskey." I looked puzzled wondering why the Doctor would be offering me booze - in the state I was in a couple of Paracetamol tablets would have been more appropriate.

She continued "Apparently you were one of the prize winners in the 'Limerick Competition' in November, can you get in touch with him and let him know your choice." I responded, "I will of course decline his offer as my entry in the *Haydon News* was only intended to encourage readers to enter, and anyway I have signed the pledge !"

She paused for a few seconds before cautiously continuing:

"Oh yes and he also left the Health Centre News page for the February edition of the newsletter."

Remembering Chad peering over the wall in those war-time cartoons I peeped over the duvet and said.

" Wot! - No new Editor ?"

I tootled along to the *Friends of Haydon Bridge* meeting on Monday 27th January where it was confirmed that they did in fact not have an Editor, although they did have plans to produce a flimsy for the time being. In deference to the previous Editors who have managed to produce a good newsletter over the years I offered to continue for a little while longer, the offer was accepted and here I am - back again.

Many of you out there will be pleased and others will be displeased especially when I say that my somewhat provocative style will stay. Over the past two years a handful of readers have quite rightly mentioned that sometimes comments do not produce a balanced view - I do not dispute this observation. In fact what I always do is try to put as forcibly as I can the view-point of the individual(s) who contact me. However if anyone has opposing views I am just as willing to put these across just as strongly. But please always remember that most view-points put are rarely my own.

One of the most common complaints that comes to me is the lack of anything major being 'done' in or for the Village. This complaint is not levelled at the various voluntary groups which cater admirably for our various needs, be they social, sporting or spiritual. Folk often ask me for my opinion. My answer is: We do not think big enough; respond too slowly; believe the hurdles are too great; accept the views of politically or career motivated individuals in 'authority' etc. The Head of Haydon Bridge High School, Mr Thompson is to be congratulated on his initiative in bidding for the school to have Sports College Status - his achievement in raising pledges of sponsorship and financial donations to the tune of £100,000 in a few weeks is to be applauded. I understand that a Department of Education & Employment decision may be made by the middle of February as to whether funding will be made available - let us hope the bid is successful. And if I may quote Deputy Head Miss Mansfield (which was in the January issue of the school's newspaper).

if we all work together it can and will happen

It was therefore with some anxiety read the Parish Council Pickings (page 2) where it is stated that there were concerns that the High School's bid may be competing for the same funds as the bid from the Village Appraisal results (as yet unspecified) and that joint partnership and co-operation be discussed with Mr Thompson to avoid any future conflicts about funding.

It has taken Cllr Mrs Howard and the Community Council of Northumberland nearly 2½ years faffing about with the Village Appraisal and with still little achieved indicates that perhaps the self appointment of herself to be Chairman of the Village Appraisal Committee was a misjudged decision and someone with a bit more fire in their bellies should have been involved. What's your view ? Mitch

Community Association

Coffee Morning

10:30 - 12:00

Hosted on this occasion by:

The Friends of Haydon Bridge

Saturday 22nd February

Please do come along and meet the Editor of the Haydon News

February Garden

Gloriously mild day in January enabled me to make an early start on the gardening year. Tidying up is the No. 1 task. All dead herbaceous foliage and straggly plants trimmed and added to the compost bin. Soggy carpets of leaves are raked and bagged for leaf mould. Under the winter debris some evergreen weeds like creeping buttercup and hairy cress have been about to take over the garden. The ground is soft and moist (between frosts) so the easiest way to eradicate these is to pull them out. I usually have some changes planned for each border and fine February days are ideal for moving plants. Plants which have disappointed or were just in the wrong place are discarded or moved to a new position. So plants looked so good last summer that I want to increase them. Lift the whole clump and carefully split into smaller pieces for replanting. Discard the old middle piece of the plant. The majority of herbaceous plants need to be lifted and split every 4/5 years to retain their vigour but there are some plants like hellebores, peonies, and acanthus which resent being disturbed and might take years to recover from being lifted and split. Newly planted plants can be loosened by frosts so check regularly and retread the soil above the roots firmly into the ground again.

Finally I apply a mulch of home-made compost to each plant and, if I have enough mulching material, 2-3" over all the soil as well. A layer of mulch conserves moisture, adds nutrients, suppresses weeds and looks tidy.

This Month - Plant lily bulbs in well drained soil. Put gravel in the planting hole and add sharp sand if the soil is clay/heavy.

Climbers - Clematis, late flowering types such as Jackmanii, Niobe, Hagley Hybrid - cut back to about 12" above soil level. Honeysuckle doesn't need regular pruning but old plants can be rejuvenated by cutting the whole plant back to about 6" above the soil. Wisteria - perfectly hardy here but must have a sunny wall to promote flowering and be pruned twice yearly. All sideshoots pruned back to 6" last summer should now be shortened to 2/3 buds.

Shrubs and trees can be moved to different positions while they are dormant. Leave evergreens until March/April when the soil will be warming up.

Lawns - Mine is covered in worm-casts. Choose a dry day and scatter them over the grass with a besom (a broom made of twigs tied around a stick). The casts make a good lawn fertiliser. I have more moss than grass in some areas, despite moss-killers, so I am going to put more effort into aerating the lawns this year. Spiking the ground with a fork and trickling sharp sand into the holes is tedious but should improve drainage and inhibit moss growth.

James Thin

STRANGE BUT TRUE

CBS Radio News reported on a sexual-harrassment case in Washington.

Lawyer:
(cross-examining a woman)
"I accuse you of unprofessional conduct in setting your boss' s pubic hair on fire."

Woman:
"Well, it was certainly unprofessional conduct for him to expose himself to me."

One of the largest items left in a human body after an operation was a set of forceps measuring 7½" by 3". They were found in the ashes of a 76 year old woman a week after a kidney operation. The wound had measured 7" by 3" following surgery and could never have concealed the forceps. It is reported that no instruments were found to be missing from the operating theatre at the time.



LANGLEY W.I.

A childhood spent under the occupation was the moving story told at Langley's December meeting.

The speaker, Mrs. M.Langford, based her talk on the experiences related to her by her parents and gleaned from her mother's diary kept during the war.

She explained to her audience how her english mother and Dutch father had survived the hunger, hardship and fear of the second World War.

Living in Holland, her father had been active in the resistance movement and at one time was imprisoned by the Germans.

Mrs. Langford went on to talk about the indomitable spirit of those living in the occupied country and how the Dutch had been given hope listening to the BBC World Service each evening.

Now married to an Englishman and living in Britain, Mrs. Langford spoke of the debt of gratitude felt towards the British by herself and the Dutch people.

At the January meeting a welcome antidote to winter blues was a trip to Fair Isle and Norway.

The slide show and talk given by Mrs. Betty Hargreaves transported members first to the wild rugged landscape of Fair Isle, where crofters and birdlife alike battled against inhospitable elements, and then to the majestic scenery of Norway.

The photography was at times breath-taking - a tribute not only to Mrs. Hargreaves' talent, but also her patience, as she recounted how she lay flat on the ground all morning for a close-up of some of the bird life on Fair Isle.

Mrs. M. Nagel
Westley Bank
Haydon Bridge
Tel: 684-419

SHAFTOE EDUCATIONAL FOUNDATION

The Governors will meet in mid - March.

Applications for grants to promote the education of individual residents of the Parish, or that of residents individually, should be delivered to the Clerk at the Office on Shaftoe Terrace by:

Saturday 1st March 1997

For further information please telephone the Clerk (John Richardson) on 684-298

CHURCH NEWSLETTER

An independent supplement to the Haydon News

FEBRUARY 1997

February Services at the Parish Church of St Cuthbert, Haydon Bridge

February 2	8:00am Holy Communion 10:30am "Worship for All"	Rev C Elliot-Newman Mike Fry
February 9	10:30am Holy Communion	Rev C Elliot-Newman
February 12	7:30pm Ash Wednesday	Rev C Elliot-Newman
February 16	8:00am Holy Communion 10:30am Morning Prayer	Rev J Linton Lindsay Gray
February 23	10:30am Holy Communion	Rev C Elliot-Newman

The Institution and Induction of

Reverend Vincent Ashwin

as vicar of St Cuthbert's, Haydon Bridge and
vicar of Beltingham with Henshaw

will take place at

St Cuthbert's Church, Haydon Bridge
at 7:30pm on Tuesday 4th March 1997.

Methodist Church and United Reformed Church Services for February

February 2nd	
10:00am	Mrs JM Firth
6:00pm	Rev D Perkins
February 9th	
10:00am	Mr JB Robinson
6:30pm	Rev D Arthur
February 11th	
7:30pm	Men's Christian Fellowship PC Easby - Police Helicopter
February 12th	
2:30pm	Women's Own Speaker : Rev D Perkins
February 16th	
10:00am	Rev D Perkins (F)
8:00pm	Praise, Prayer and Ministry
February 23rd	
10:00am	Mr B Elstob
6:00pm	Rev D Arthur
February 25th	
7:30pm	Men's Christian Fellowship Mr Peter Smith - Russia
February 26th	
2:30pm	Women's Own Speaker :
Prayers 12:45pm every Wednesday	

Rev Vincent Ashwin met the PCC on January 9th 1997 and informed us that he would move into the vicarage on February 20th together with his wife, Angela, and his younger son Timothy.

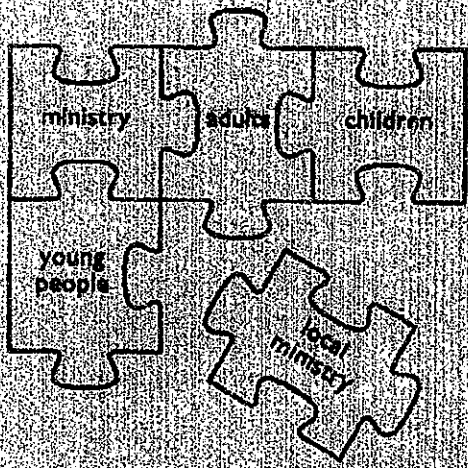
His older son is off to Tanzania for six months to teach, while his daughter is at college in Cambridge training as a teacher.

His induction as vicar of St Cuthbert's, Haydon Bridge and vicar of Beltingham with Henshaw takes place on March 4th at 7:30pm.

He told us of his life up to the moment. He leaves St James & St Basil's Church, Newcastle, where he is also Rural Dean of that Deanery. He is a member of the Council of U.S.P.G. because he is still very interested in the church of overseas, especially in Africa.

He is a traditionalist and wishes to be involved in Schools. Soon he will visit all members on the Church Electoral Roll, as well as the sick and those who are in hospital - when he is informed!

We are very much looking forward to having him among us.



Local Ministry Teams

in the Diocese of Newcastle

4 THE FRUIT that we are looking for is a church with members confident in using their gifts in response to God's call to each of them. A Local Ministry Team is one way of cultivating that fruit.

What is a Local Ministry Team?

Members of the local church working together to release and encourage the gifts and calling and ministry of every member of the church.

- Between 5 and 12 people
- new and old members in terms of age and faith
- men and women
- including the already recognised ministers (Clergy, reader/s)

There is an initial two-year period of 'on-the-job' training — see the tree on the right. This

- takes place locally,
- emphasises working as a team
- aims to develop a ministry of leadership which will encourage and help all church people to minister to the world and to each other in their own ways.

CONTACT:

Local Ministry Development Officer

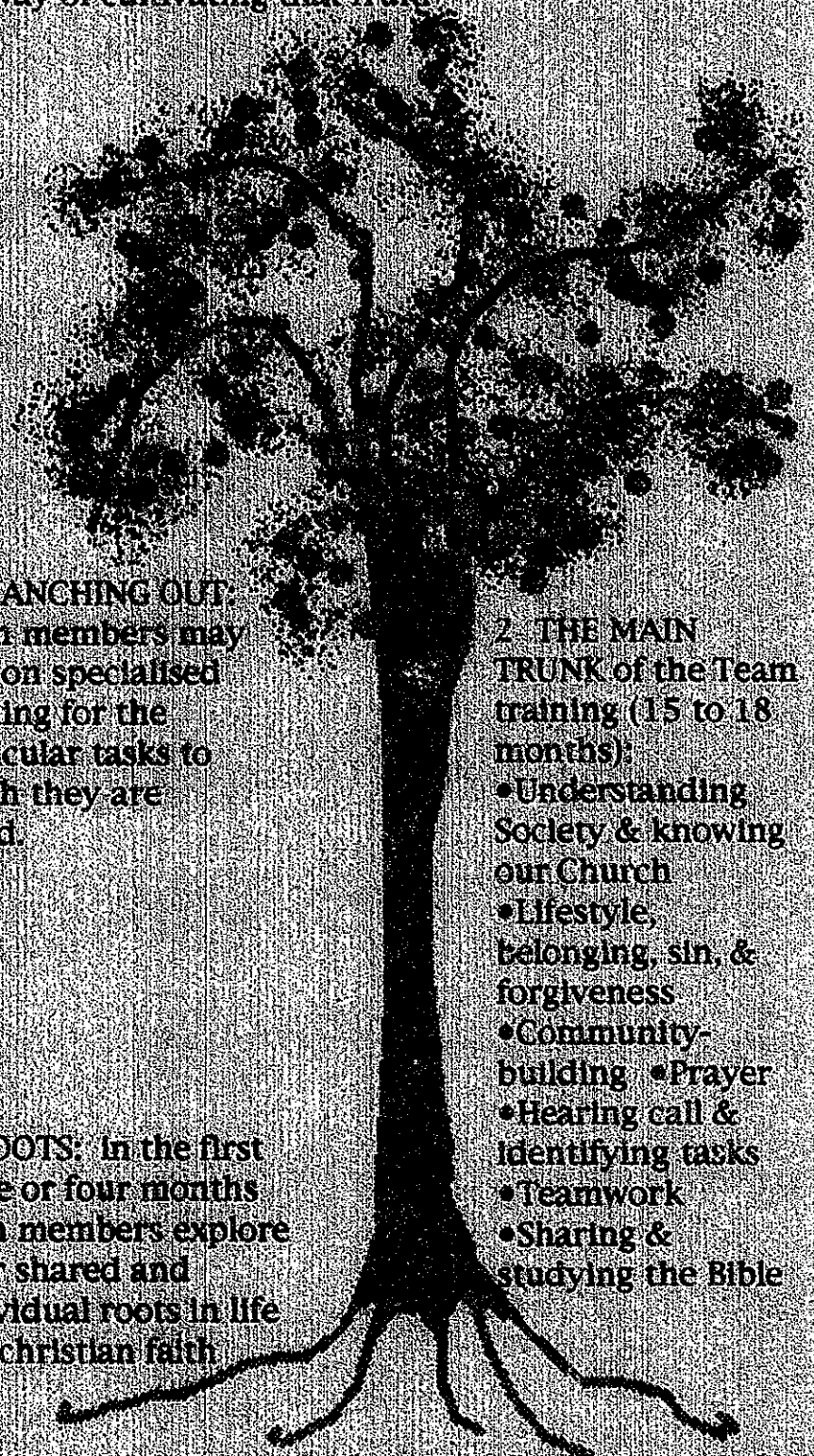
Church Institute
Clayton Road
NEWCASTLE NE2 1TL
Tel: 0191-281 9930

3 BRANCHING OUT: Team members may take on specialised training for the particular tasks to which they are called.

1 ROOTS: In the first three or four months team members explore their shared and individual roots in life and christian faith.

2 THE MAIN TRUNK of the Team training (15 to 18 months):

- Understanding Society & knowing our Church
- Lifestyle, belonging, sin, & forgiveness
- Community-building
- Prayer
- Hearing call & Identifying tasks
- Teamwork
- Sharing & studying the Bible



HAYDON & ALLEN MEDICAL NEWS

SHINGLES

Almost everyone has had chickenpox when they were young. This is the common irritating blistering condition which makes children scratch furiously whilst remaining fairly "well in themselves". The blisters can be few or many but are generally 2-3 mm across and sitting on a pink base another mm or so wider than the blister. Unbeknown to many people, the infection remains with them for life. The virus sets up home in the nervous system, in quiet retirement, until something provokes it to cause mischief again. The provocation is often unknown but other illness or injury or treatment with some types of drug can be the cause.

When roused, the virus sets off down the nearest nerve to the skin where it causes the characteristic blistering rash of shingles - official name *Herpes Zoster*. The rash will be confined to one side of the body and take the form of a small patch or strip. It may be preceded by pain or altered sensation where the rash will appear.

The rash can be particularly troublesome if it affects the face or head. Some people have pain at the site of the rash for some time afterwards.

Treatment depends on the site of the rash, the severity of it, the degree of pain and the stage at which it is seen. When the head and neck are involved, when pain is severe, when the patient is on steroids and when suffering from poor immunity and if caught very early then some anti-virus drugs can be given. Where there is little pain or slight rash than simple pain killers and keeping the rash clean and dry will be enough.

People of all ages can be affected. The youngest I have seen was only a few months and the oldest nearly one hundred years old.

A WONDERFUL RESPONSE

This winter's recent outbreak of colds/flu has been noticeably different to previous years. Far, far fewer people have attended the surgery seeking treatment for the wide range of symptoms which have been doing the rounds.

This year's crop of bugs has caused symptoms lasting about two to three weeks. The symptoms have included feeling utterly awful, aches and pains all over, cough, sickness and diarrhoea and sore throat.

Clearly people are coping skilfully and well with their symptoms by using ordinary household remedies. Scores of people have been confident enough this year to wait for a natural recovery to occur. We are all most impressed and grateful for this very encouraging development.

MICROBES

There is some confusion in the public mind about all the different kinds of microbes which can cause infections in humans. The terms "bug", "virus", "germ", "microbe" and "bacterium" tend to be used as though they are all the same. They are not.

We are all constantly smothered inside and out with a thick carpet of microbes of many sorts. Truly - each of us is a walking zoo, with billions of creatures roaming free and relatively unaffected by our attempts at hygiene. We need our bugs just as much as they need us - we exist in a state of balance. The correct term is *symbiosis* - living together.

Microbes (germs or bugs to the layman) can be either protozoans, bacteria, viruses, fungi or prions. Specialists break these basic categories down further but that need not increase the confusion of non-specialists.

Protozoans include things like malaria and giardiasis. These bugs are quite large - almost small animals in

fact. They can be treated with drugs - usually.

Bacteria are a lot smaller and cause diseases like urinary tract infections, tonsillitis, more severe kinds of meningitis, boils and sinusitis. They can sometimes be treated with antibiotics.

Fungi are, in a manner of speaking, microscopic versions of mushrooms. Under the microscope they have many of the same features. They cause Ringworm, Thrush and Athlete's foot for example. They can be treated with special kinds of antibiotics sometimes.

Viruses are very tiny and are responsible for a huge amount of illness. They cause things like coughs, colds, flu, ordinary sore throats, diarrhoea and vomiting, less severe forms of meningitis, glandular fever and chickenpox. Some drugs can interfere with them to a variable degree. Antibiotics do not touch them at all.

Prions are little more than "living" protein molecules - the most elemental form of life. They are the subject of a huge amount of research at present as they are the probable cause of BSE - and who knows what else. There is no treatment at present or expected in the near future.

There are literally millions of microbial types (that we know about). They are constantly changing in effect and response to treatment. Obviously it is not sufficient to diagnose "an infection" and jump in with the first antibiotic that comes to mind. Talking of which:-

ANTIBIOTICS

Domestos may kill 99% of household germs DEAD! - but so what? You can't drink swigs of it to cure ear ache. Black spot on roses may be a fungus which responds to a fungicidal spray but heaven help you if you try the same stuff on your Athletes foot. I don't know what causes blossom end rot, nor do I know the correct treatment - just don't try it if your end rots, Blossom!

Say "antibiotic" to the average person and they will immediately think of penicillin. Many is the time that a patient has started a consultation with "I need an antibiotic Doctor!" To date I have resisted the urge to give them the 1,500 page book on current drugs that I have in my desk drawer and reply "OK. You choose!"

The main types of antibiotics are: Penicillins, cephalosporins, tetracyclines, aminoglycosides, macrolides, sulphenamides, 4-quinolones, polyenes, imidazoles and large group of "others". To illustrate the size of the choice available, here is a list of penicillins (the other main groups have similar lists): benzylpenicillin, phenoxymethylpenicillin, procaine penicillin, ampicillin, amoxycillin, cloxacillin, flucloxacillin, temocillin, bacampicillin, pivampicillin, azlocillin, carbenicillin, piperacillin, ticarcillin and a number of mixed types and rarities.

The appearance of HIV, BSE and drug resistant TB gonorrhoea, staphylococcus and malaria should remind us that the battle is far from won and the microbes may yet win, there are no technical reasons why the human race should not become extinct because of death by infection. Antibiotics help some people some times but they are not magic and must be used carefully.

Another trick which some patients pull from time to time is to accept a prescription for an infection and then say they could not take it because they felt so bad and "it must have been the antibiotic that did it". It does not appear to occur to them that they feel poorly because they have an infection, not because they have been taking the treatment.

INTREPID ADVENTURERS

Driving home from work one evening, Helen Sharman, OBE, heard a radio advertisement: 'Astronaut wanted - no experience necessary'. Project Juno was an historic Russian Space mission which would provide Britain with its first astronaut. Over 13,000 people applied and Helen soon found herself among the final four, then two, candidates, at Russia's Star City cosmonaut training centre.

In May 1991, she was hurtling at 18,000 m.p.h. around the earth sixteen times a day, on an eight day mission. Since her return from space Helen has become one of Britain's leading 'Ambassadors of Science'.

Following her space mission Helen joined the Space Consultancy group in which I worked and I was fortunate in meeting her on a number of social and business occasions. I recall that one evening my wife and I were having a meal with her in a small restaurant close to where we lived in Alsbach, Germany. I had visited this restaurant on a number of occasions during the previous seven years and the owner and his wife knew my wife and I. Following a delicious and expensive meal, for which my Company were footing the bill, the owner was serving us liqueurs and enquired.

"Herr Mitchell, bitte wer ist das Fräulein bei Ihnen?"

I explained who the lady with us was to which he responded.

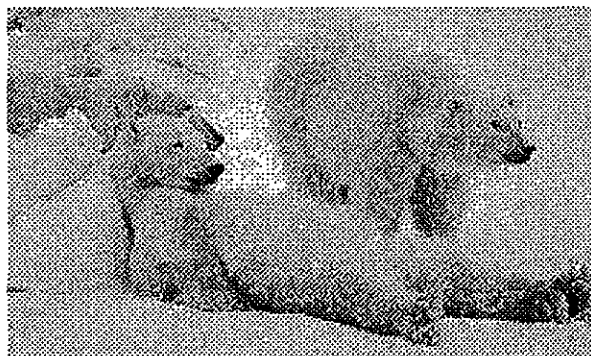
"Ich bin überascht, Sie ist wie Uns."

Fortunately Helen did not speak German and would have been perplexed at his last comment "I am surprised, she is just like us." What did he expect I wonder - someone walking around in a space suit all the time?

Helen Sharman is now on my list of heroines. She could have carried on working as a research chemist at Mars the chocolate makers, nice safe job steady income. However something in her said "go for it" when she heard that radio advertisement back in 1990.

During the time I was in Germany and knew Helen Sharman part of High Brindles was occupied by a local lass and her infant son who now live on the North Bank. Last Sunday I asked Sue if she could pop up and see me and have a little natter about her own mission - not to Space but the frozen Arctic wastes. I am hopeful of her joining my heroine list in May.

You will have read in the local press that Sue Self (nee Nicholson) has been selected as a member of the first all-women expedition planning to reach the North Pole. The 1997 Women's' Polar Relay consists of five groups of four women who will attempt to walk, dragging their sledges (laden weight approx. 50 kilos per person) behind them.



The above photograph shows a family of Polar Bears relaxing in the sun - for Sue's sake let us hope that they stay that way.

The 950 km (600 miles) route will be split into five legs of about 190 km (118 miles) and it is expected that overall the expedition will manage to achieve approx. 11 km (7miles) daily. It is hoped that final team will reach the North Pole between 1-15th May. The first team will set out from Ward-Hunt Island before 10th March. Sue was originally a stand-by for the fourth relay but has recently been told that she is now a participating member in the third relay team. On the 24th March she will fly out to Resolute Bay (planned return home 1st May). At Resolute she will receive ten days acclimatisation and special Arctic and equipment training. She will then be flown out in a specially equipped light aircraft to the point on the polar ice that the second relay reached. After completion of their relay section the team will be picked up from the ice and replaced by the fourth team. Although each team will be accompanied by two experienced Arctic explorers there are, as you can imagine, real dangers ahead.

Ice Drift - This will be approximately up to 20 kilometres per 24 hours southwards. Additionally large areas of ice can become detached above the latitude 86° and open water areas become common; pressure ridges often develop; exposure is another danger with temperatures ranging from -55° to -10° Centigrade. Falling into ice fissures is a daily hazard which has claimed the lives of other adventurers and explorers.

Navigation - Magnetic compasses are unreliable at high latitudes and it is expected that most navigation will be done using the GPS satellite navigation system which can pin-point positions to a few feet however such electronic systems are not 100% reliable - particularly in low temperatures. Each team will also carry satellite communications equipment enabling them to keep in contact with their operations base at Resolute Bay, Cornwallis Island, North West Territories in Canada.

Polar Bears - Sue will have to learn to handle a powerful rifle to defend herself and other team members if attacked by Polar Bears. This danger is real as the Polar Bear has got to be one of the most awesome creatures ever created. Bears stand between eight and nine feet tall and weigh between 750 and 1400 pounds. They can smell a seal 20 miles away. Polar bears are also expert hunters and will relentlessly follow tracks in the snow to find their prey. They were created to withstand cold temperatures and are quite adaptable.

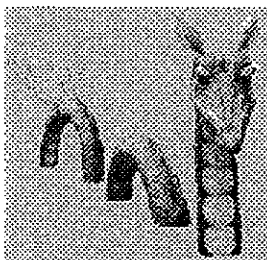
Exhaustion - The Polar regions are not flat and the effort required in pulling sledges necessitate a daily intake of some 5,000 calories per day.

In order to build up the necessary stamina and muscles for the expedition Sue's training includes tying a few car/lorry tyres to two 8ft lengths of rope attached to a body harness and drag the lot over rough ground and hills. If the burden is too easy she has to add more tyres !! She must also establish a change in her body's energy system so that the correct fat/carbohydrate ratio is established for the energy being used in man-hauling the sledges.

It is rumoured that a Polar Bear will cover it's nose with a paw when it comes within striking distance of it's prey. This prevents the prey from seeing the animal as it's black nose would stand out against the snow and ice. Polar bears are particularly ferocious and the most dangerous of bears.

They can a lop a man's head off with one swoop of their paw.

To go on this trip Sue had to put up £1,500 which she has raised this from sponsors. The expedition costs are £250,000 and all monies raised will go to St John's Ambulance. **SBM**



THE LAMBTON WORM LEGEND

One of the most colourful of the Dragon myths of England is that of the

Lambton Worm. Lambton was the name of the noble 15th Century family that lived in a castle near the small town of Washington in the North East of England. The young heir to the castle, John Lambton, was fishing one Sunday when he caught an evil looking worm with the head of a Dragon and the face of a demon. This monster so perturbed the young Lambton, that he threw it down a nearby well. A few years went by and the young Lambton went on a pilgrimage to the holyland. Unknown to Lambton the worm he had discarded had grown in its dank abode and while he was away freed itself from its temporary prison. The local villagers soon discovered the now immense worm and fell prey to its reign of terror as it destroyed the local countryside and devoured livestock and even children.

When the villagers became desperate several of them attacked the worm severing it in half but the two halves immediately rejoined and killed those who had been brave enough to attack it.

Eventually Lambton returned and was horrified to discover the presence of the creature he thought disposed of. Seeking the advice of a wise old witch, Lambton was told the only way to finally rid the land of the creature, was to wear a special suit of bladed armour and confront the creature in the centre of the river from where it originally came. However the witch continued, the price for victory was high. After he killed the beast he must also kill the next living thing he saw or the Lambton family name would be cursed for nine generations. Lambton did as he had been informed and confronted the creature in the middle of the rapid flowing river. As the worm caught him in its coils the blades on his armour sliced deep into its flesh. Lambton finished the job with his sword and the creature was severed into many pieces that the fast flowing river carried away before they could recombine.

Returning in triumph, Lambton was met by his ecstatic father and it was only then that he remembered the witch's curse. Unable to bring himself to kill his father he instead slayed his most faithful dog, but this was not enough and for the next nine generations the heirs to the Lambton seat all met with tragic ends. Even to this day, the legend lives on in the town of Washington, and there is even a public house named after the hideous beast.



The Newcastle Arena on Scotswood Road was where we saw Michael Flatley in *Lord of the Dance*.

Despite a short breakdown of the sound system the show was excellent. The leading lady dancers, only 16 years old, were particularly good. Our seats cost £28 a head but well worth saving for. The video of the show is generally available and worth buying or hiring.

At £2.80 a seat the recent showing of *EVITA* at the Forum Cinema in Hexham was value for money.

Although your reporters are no fans of the singer Madonna she put in a heart wrenching performance as Eva Peron and I bet there wasn't a dry eye in the house for most of the movie, especially so when she sang "Don't Cry for me Argentina" from the balcony of the Presidential Palace in Buenos Aires. Our own Jimmy Nail played the part of a smoothy Argentinian crooner, black moustache and oily hair - Jimmy put in a creditable performance.

We highly recommend that you go and see the film when it comes around again and don't forget your hankies!



STOP PRESS

High Brindles
2 pm Sat 8th Feb.

On page 4 of this issue, already printed earlier in the week, I make mention of the Village Appraisal.

I have just read this weekend's Hexham Courant and see that on page 6 it is said that the results of the survey will soon be available. Cllr Mrs Howard is reported to have said:

"As an exercise it has been very worthwhile and its ongoing potential is there. We hope that the initial document showing the results will be used in our bids for funding and as arguments for the resulting projects."

The 10 page booklet, will be presented to councillors, schools and organisations and be open to public inspection at the library. It is scheduled to be available at the end of February.

The *Haydon News* will, of course, provide a summary of the content when we obtain a copy, subsequent Parish Council discussions will also be reported. **SBM**

P.A. RUSHTON

CARPET & UPHOLSTERY CLEANING

A professional job done by a professional hand

Introductory DISCOUNTS in your area

UPHOLSTERY	
3 Piece suites from	£20
CARPETS	
Lounges from	£16
Dining rooms from	£12
Hall & stairs from	£14
Bathrooms from	£10
Bedrooms from	£14

Further Discounts are available
when more than one item is cleaned
For a Free Estimate and Expert advice
Call Paul on 01434 684 772

Haydon News - Special Competition 1996

CROSSWORD & QUIZ

T	H	E	D	A	M	B	U	S	T	E	R	S	M	A	R	C	H	A	T	O	M	
R	X	V	R	E	B	O	O	R	E	T	U											
A	I	R	E	N	B	E	I	S	S	S	U	I	T									
N	E	T	R	G	S	T	S	A	R	S	S	I	R	E	N	U						
S	O	T	A	H	I	T	I	E	I	A	I	D	A									
F	H	A	N	B	D	A	I	S	S	O	U	P	L									
O	D	D	M	E	N	T	L	I	E	P	O	I	N	S	E	T	T	I	A			
R																						
M	U	L	C	H	N	O	E	L	I	T	I	T	A	N	I	U	M					
A	H	M	E	C	C	A	S	U	L	K	L	N	I									
T	O	I	U	I	R	E																
I	R	A	N	S	L	I	L	Y	W	H	I	T	E	R	L	I	R	A				
O	B	S	O	L	E	T	E	H	N	S	I	A	A	T								
N	A	U	S	E	R	E	K	N	A	C	K	I	I									
A	V	E	N	G	I	N	G	I	R	Y	M	A	I	M	A	G	O					
L	O	O	D	L	E	S	S	E	R	F	N											
G	R	A	M	O	P	H	O	N	E	E	M	U	D	I	G	R	E	S	S			
R	N	A	I	F	R	A	J	A	B	I	N	A	O									
A	T	O	P	T	C	F	U	S	I	O	N	G										
M	D	O	G	M	A	H	O	V	E	R	O	G	B	L	E	I						
M	O	D	E	C	U	D	O	N	R	E	R	E	E									
A	S	H	R	A	N	N	I	A	A	V	T											
R	A	C	Y	D	I	P	L	O	M	A	T	I	C	I	M	M	U	N	I	T	Y	

Ten completed entries for the competition back from the nineteen eligible competitors. It was pleasing to find that the competition caused a lot of discussion and many a furrowed brow in the village in January. In fact someone warned me not to attend this year's 'Fun Day' on August Bank Holiday as there is an added attraction planned 'The hanging of Mitch' - well you asked for the Competition so don't blame me for the effort you had to put into. Anyway there is nothing wrong with a bit of competition - stops you going rusty.

In the event there were only two correct entries with answers that tallied mine, mind you a few of you only had one incorrect answer. The one which caused most confusion was 9 down - Renounce allegiance Answer - Arise. The two entrants with all crossword answers correct were Raymond McVay and Philida Irving. From the quiz answers it was still impossible to split them so in fairness to both I have shared the £50 1st prize between them.

There are many variations of C.M. Leumaine's song of the 'Lambton Worm' with as many different versions of The Legend of the Lambton Worm, for your interest I have included one version on page 6. Thanks for your efforts. **SBM**

COMPETITION - TWENTY QUESTIONS - AND ANSWERS

- In what year did Haydon Bridge become an independent Parish?
Answer - 1879
- Who was the first Vicar?
Answer - Rev J.H Mandell
- In what year did the Primitive Methodists build their first Chapel?
Answer - 1863
- What is that building now?
Answer - Methodist Chapel
- In what year did the Wesleyans build their Chapel?
Answer - 1874
- What is it now?
Answer - Community Centre
- When was the first Parish Council meeting?
Answer - 1869
- Where was it held?
Answer - Shaftoe Trust School
- Who was the first Chairman of the Parish Council?
Answer - Thomas Carrick
- When was Oddfellows Hall built?
Answer - 1869

- When was Parkers Terrace and Church Court built?
Answer - 1857
- What was the name of Church St. before the Church was built?
Answer - Walton Place
- Where was Jesmond Gardens?
Answer - Part of Strother Close
- Pandon Lane is now generally known as Temple Houses - give a possible origin of the word Pandon
Answer - See separate note.
- Where did Lambton go to fight his foreign wars?
Answer - Palestine
- What little live things did the serpent eat?
Answer - Bairsns
- How many times did the serpent wrap it's tail around Penschaw Hill?
Answer - Ten (or perhaps 9 or 7)
- If it felt thirsty on the road how many cows would it milk?
Answer - A dozen
- How many halves was it cut into?
Answer - Many (or perhaps 2 or 3)
- What's the "Watter in the Wear" better than?
Answer - "The beer ower here"

Questions 1 to 13 - Mr L.C. Coombes has produced an excellent two volume reference book tracing the History of the Langley Barony this was used as my reference source and to provide 'correct' answers. The book is in both the Hexham and Haydon Bridge Libraries - most of you found it.

Question 14 - No answers correspond to the three I have, more information next month.

Questions 15 to 19 - see above and also The Lambton Worm Legend on page 6

Question 20 - In common usage.



NEXT ISSUE OF THE
Haydon News

March 1997

All copy to

S.B. Mitchell
High Brindles
Heugh House Lane

or hand in at the Post Office

BY 28th February PLEASE

MISS J TEASDALE BA

State Registered Chiropodist
Member of the Society Of Chiropodists

Treatment available at the Haydon Bridge Health Centre
and at 25 Burswell Avenue, Hexham
Telephone 608 612 for Appointments & Enquiries